



Section 1		
Movement #	# of Steps	Name
1	2	Wu Chi (Preparation)
2	5	Leung Yi Beginning
3	4	Embrace Tai Chi
4	3	Parting the Wild Horse's Mane – Left
5	5	Parting the Wild Horse's Mane - Right
6	7	Advance Coiling Waist Palm
7	4	Brush Knee and Push with a Rippling Step – Right
8	3	Hands Strum the Lute – Right
9	8	Twist Waist, Hand Separation - Right
10	6	Turn Over Body, Hand Separation – Left
11	5	Grasp the Bird's Tail
12	8	Press and Push the Tiger
13	4	Taking in the Scenery While Playing Music
14	5	Looking at the Flowers at the Railing
15	10	Advance and Retreat Coiling Waist Palm
16	4	Brush Knee and Push with a Rippling Step – Left
17	3	Hand Strums the Lute – Left
18	3	Needle to Sea Bottom
19	6	Fan Through the Back
20	3	Taming the Tiger – Left
21	3	Stretching Heel Kick – Right
22	3	Taming the Tiger – Right
23	3	Stretching Heel Kick – Left
24	4	Turn Right and Repulse the Monkey
25	3	Turn Left and Repulse the Monkey
26	3	Chop Left and Right
27	9	Wave Hands Like Clouds
Section 2		
Movement #	# of Steps	Name
28	3	Picking Flowers in Mid-Air
29	4	Flying Dragon Whips Its Tail
30	7	Scooping the Moon from the Sea Bottom
31	5	Turn Around Heel Kick – Left
32	2	Step Up, Snapping Heel Kick – Right
33	4	Push with a Rippling Step
34	7	Single Whip
35	2	White Crane Spreads Its Wings – Right
36	4	Advance Coiling Waist Palm
37	3	Brush Knee – Right
38	2	Spread Both Wings
39	2	Step Up and Push
40	5	Retreat and Roll Up the Curtain

Movement #	# of Steps	Name
41	6	Step Back and Repulse the Monkey
42	3	Oblique Single Whip
43	3	Stationary Wave Hands
44	2	Butterfly Fluttering among the Flowers
45	4	Push Open the Window to Look at the Moon
46	3	Turn Left and Wipe
47	3	Brush Knee – Left
48	4	Retreat and Push – Left
49	4	Retreat and Jump
50	7	Cat Catching the Mouse
51	7	Turn Around and Catch the Mouse
52	7	Cat Catching the Mouse
53	7	Turn Around and Catch the Mouse
54	4	Rouse Up and Catch the Mouse
Section 3		
Movement #	# of Steps	Name
55	4	Dragon Changing into a Picture (Picturesque View of a Roaming Dragon)
56	4	Turn Over Body, Hand Separation – Left
57	11	Retreat, Wave Hands
58	3	Spin and Strum the Lute
59	5	Dragon Looks Back
60	3	Turn Over Body, Hand Separation – Right
61	5	Turn Over Body, Hand Separation – Left
62	7	Green Dragon Crouches on the Ground
63	2	Spinning Wave Hands
64	7	Green Dragon Crouches on the Ground
65	4	Merge Yin with Yang
66	3	Spin Like a Tornado
67	6	Grasp the Bird's Tail
68	6	Press and Push the Fierce Tiger
69	3	Roaming Dragon Emerges
70	3	Jump and Spin Like a Tornado
71	7	Windmill
72	4	Black Tiger Tears at the Heart
73	7	Dragon Looks Back
74	2	Lightning Punch
75	5	Retreat Windmill
76	1	Crane Standing Among the Chickens
77	2	Roaming Dragon Emerges
78	8	Double Lotus Sweeping Kick
79	3	Taming the Tiger
80	7	Crossing Hands
81	1	Conclusion